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FACTS ON FATS

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Broadcast by Ruth Van Deman, Bureau of Home Economics, and Wallace Kadderly, Agriculture Radio Service, in the Department of Agriculture's portion of the National Farm and Home Hour, Monday, February 1, 1943, over stations associated with the Blue Network.

WALLACE KADDERLY: And Ruth Van Deman's here with the answers to some of the questions about fat as food. Questions that are sizzling in our minds these days.

RUTH VAN DEMAN: But not the answer to the "hottest" question of all how to produce a pound of butter like a white rabbit out of a silk hat.

KADDERLY: No, but don't you think by making better use of our edible fats as a whole, we can relieve some of the pressure on our butter supplies?

VAN DEMAN: Certainly we can.

KADDERLY: And isn't it true that the human body can handle one kind of fat about as well as another in the daily diet?

VAN DEMAN: In general, yes. Of course we have our personal likes and our prejudices. We might as well be frank about it. But if we're to stay well fed in wartime, we have to be open-minded about trying new foods, fats along with the rest and wasting absolutely none of any kind. During the last world war there was a tight situation on fats. And as an aid to tapping new sources then, the Department of Agriculture ran a series of tests on the digestibility of all the common and many uncommon edible fats and oils that is, on the completeness of digestion. A group of healthy young medical students were the diet squad. It's very interesting to look at those results and see how little difference there is among the different fats and oils so far as being completely digested.

As of course you know, fats are digested slowly by the body. They give that stick-to-the-ribs quality to food that keeps you from getting hungry before the next meal-time rolls around.

Also, as we all know, fats are very concentrated food. They yield more calories per pound than any other food.

KADDERLY: Ruth, lots of cooks are puzzled about substituting one kind of fat for another, in cake and cookie recipes, for instance. What's the answer to that?

VAN DEMAN: Part of the answer is - know whether the fat's all fat like lard. Or whether it's about 80 percent fat like butter or margarine, with the rest water, and salt, and buttermilk. Naturally the 100 percent fat has greater shortening power. So if the recipe calls for butter and you want to substitute lard use less lard.

KADDERLY: How much less?

VAN DEMAN: Two tablespoons less, for every cup of butter called for in the recipe.

KADDERLY: Have you got that all written down somewhere, so a person could refer to it when the time came?

VAN DEMAN: Yes, it's in the U. S. Department of Agriculture Leaflet 204 - "Fats and Oils for Cooking and Table Use."

KADDERLY: Ruth, just to check on that leaflet again. The number you said was... Leaflet 204 - "Fats and Oils for Cooking and Table Use." And that's free?

VAN DEMAN: Yes. To anybody who sends a postcard to the Bureau of Home Economics, U. S. Department of Agriculture, Washington, D. C., and asks for the leaflet on Fats and Oils.

KADDERLY: All right. And next, the Market report.